

NAMI LEXINGTON WORKSHOP

How to Grow and Heal the Brain and Heart

Presenter: Dr. Jim Roach is one of America's leading integrative medicine experts. He is an author, national speaker, national consultant, national media communicator, international medical educator, researcher, and widely sought clinician. Dr. Roach specializes in nutritional, botanical, functional, and integrative holistic medicine.

Learn about nutrition, avoidance of brain-detrimental factors, blood tests involving food sensitivities, heavy metals, and micronutrients, genetic tests, supplements, strategies for brain growth, achieving relaxation and a positive attitude, and spiritual experiences.

Sunday, May 31st, 2015

2:30 pm – 4:00 pm

Eastern State Hospital Conference Room

1350 Bull Lea Road (enter through main lobby)

For further info phone (859) 272-7891

Walk-ins Welcome!

Author of “God’s House Calls – Finding God Through My Patients”

